

Mesquite's 3rd Annual Ultimate Weight Loss Challenge

Tuesday, January 4th, 2011 - Tuesday, March 29th, 2011

Mesquite's Third Annual Ultimate Weight Loss Challenge kicks off on
**Monday, January 3rd, 2011 from 6:00 pm - 8:00 pm @
Iron Edge CrossFit** (140 Riverside Road, Unit D)

The Contest Officially begins on Tuesday, January 4th, 2011 and will last for 12 Weeks.
Participants can Register and Weigh-In at the Kick Off Event or on
Tuesday, January 4th from 6:00 am - 6:00 pm at Iron Edge CrossFit.

(Id is required at both initial and final weigh ins)

With your **\$10** contest entry fee the following will be included:

- ✓ Initial Weigh In ✓ Body Measurements (*optional*) ✓ Before and After Pictures (*optional*)
- ✓ Access to a Certified Trainer ✓ Mid-Point Weigh In/Measurements ✓ Final Weigh In

Compete as an Individual or as a Team. Teams can be made up of 2, 3 or 4 people.
When registering/weighing in, teams must be identified.

Prizes for Ultimate **Female** Loser, Ultimate **Male** Loser and
Ultimate **Team** will be awarded.

*(Prize amount for each category is determined by number of entries. Number of entries will also
determine if there will be a 2nd place and/or 3rd winner payout)*

Winners will be determined by Total Percentage of Weight Loss. Final Weigh-In is on
Tuesday, March 29th, 2011 from 6:00 am - 6:00 pm @ Iron Edge CrossFit.

Winners will be announced at the **FINALE** on **Thursday, March 31st, 2011** from
6:00 pm - 7:00 pm at Iron Edge CrossFit.

As an additional option to this competition, there will also be a Series of Nutrition
Classes and Workout Sessions available during the challenge:

Tuesday, January 4th - Thursday, January 27th
Tuesday, February 1st - Thursday, February 24th
Tuesday, March 1st - March 24th

Each Tuesday session will be about Nutrition (4/series) and each Thursday session will
be a CrossFit Workout (4/series). Cost for the first session is \$40, (*which includes your
competition entry fee*), and each series after that will be \$32. If you want to participate
in all 3 Series, the cost is \$89. Participants limited to 28 per series.

For more details on these sessions, please refer to the supplemental 'Series' sheet.

We are excited about the 3rd Annual Mesquite Ultimate Weight Loss Challenge!
For more information, please call Jana Kolot at 702.346.1683 or 435.215.5737 or visit our
website at ***ironedgecrossfit.com***.



***THE FUTURE BELONGS TO THOSE
WHO PREPARE FOR IT TODAY...***